

NOTE- Do this worksheet in a separate notebook.

Q1. Fill in the blanks.

1. Sugar is obtained from the _____ of _____.
2. Egg and meat are provided by _____.
3. Fats are known as _____ compounds.
4. _____ is a diet containing all the nutrients in adequate quantities.
5. Jaggery is a good source of _____.
6. Milk products are commonly called _____ products.
7. Food gives us _____ to do various activities.
8. Leech is an example of _____.
9. The vitamin that is called the sunshine vitamin is _____.
10. The process of putting things into a group is called _____.

Q2. Give two examples of each.

1. Cannibals _____, _____
2. Edible roots _____, _____
3. Edible flowers _____, _____
4. Sources of carbohydrates _____, _____
5. Immiscible liquids _____, _____

Q3. Write short notes on the following.

- 1) Decomposers
- 2) Winnowing
- 3) Balanced diet
- 4) Carbohydrates
- 5) Homogeneous mixtures

Q4. Answer the following questions in brief.

- a. What are dairy products? Give examples.
- b. Name three plants whose roots we eat.
- c. Name the deficiency disease and symptoms caused due to lack of iodine in food.
- d. Name the methods used to separate solids from solids.
- e. What is sedimentation and decantation?
- f. Mention three food items rich in the following nutrients.
 1. Proteins
 2. Fats
 3. Iron
 4. Calcium
- g. What is handpicking?
- h. What happens when chalk powder and sand are added to water? Why
- i. What are soluble and insoluble materials?
- j. What are the substances present in food that our body needs to grow and stay healthy?

Q5. Answer the following questions in detail.

- a. Describe the food habits of scavengers and decomposers and their role in cleaning the environment.

- b. Write five properties of material with examples.
- c. Write an activity to test the presence of starch in a food item.
- d. Write the differences between miscible and immiscible liquids.
- e. Name two food items each rich in Vitamin A,B,C and D and draw diagrams.
- f. What are deficiency diseases? Give two examples.
- g. Explain with examples why it is necessary to separate mixtures into their components.
- h. Draw a labelled diagram of parts of a plant.

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Q1. Fill in the blanks.

1. _____ materials allow light to pass through them.
2. _____ and _____ are gases which dissolve in water.
3. Herbivores eat _____ only.
4. Bee store _____ in their beehives.
5. In cabbage, we eat the _____ of the plant.
6. Clove is a dried _____.
7. Deficiency of _____ causes scurvy.
8. _____ is needed for the process of winnowing.
9. An empty plastic bottle _____ in water.
10. Metals are _____ of heat.

Q2. Give two examples of each.

1. Scavengers _____, _____
2. Edible stems _____, _____
3. Edible leaves _____, _____
4. Translucent _____, _____
5. Sources of dietary fibre _____, _____

Q3. Write short notes on the following.

- 1) Parasites
- 2) Handpicking
- 3) Translucent material
- 4) Proteins
- 5) Heterogeneous mixtures

Q4. Answer the following questions in brief.

- a. How will you obtain clear water from muddy water? Explain
- b. Mention two foods rich in starch.
- c. Give the symptoms of disease caused by the deficiency of Vitamin B and C.
- d. What happens when salt and lime juice are added to water? Why?
- e. Write the properties of wood and metal.
- f. Give examples of hard material and soft material.
- g. Which is the hardest known substance?
- h. What is energy-giving compounds and bodybuilding compounds?
- i. Why do we need food?
- j. Explain how honey is produced in nature. How is it obtained for human use?

Q5. Answer the following questions in detail.

- a. Write an activity to test the presence of protein in a food item.
- b. Why vitamins are important for us? Write two food items rich in Vitamin A, B, C&D.
- c. Explain conductivity of heat and electricity in materials.
- d. How are the teeth of animals different based on their food habits?
- e. What is mixture? What are the different types of mixtures based on state of components that are mixed together?
- f. Differentiate between transparent, translucent and opaque material and give examples.
- g. How will you decide whether a solid or a liquid will sink or float on water?
- h. Make a diet chart for a week, it should show what you ate for breakfast, lunch and dinner and what all nutrients your meals consist of?